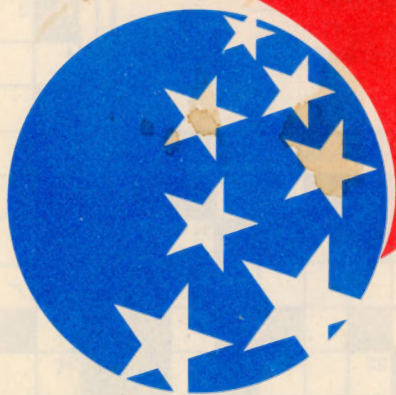


**1776 ★ IMPROVING NUTRITION FOR THE NATION ★ 1976**

The American Dietetic Association



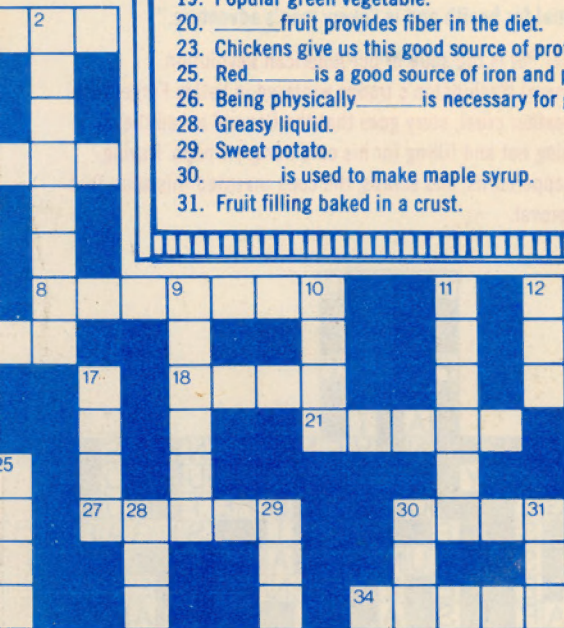
# ACROSS

1. "Staff of Life"
4. Main source of Vitamin C in diet.
5. Indians called it maize.
7. 16 \_\_\_\_\_ = 1 cup.
8. Flesh of deer.
14. 4 servings of bread/cereal are needed each \_\_\_\_\_.
15. Frozen water.
16. Citrus fruit.
18. A varied \_\_\_\_\_ provides good nutrition.
19. Cooking vessel.
21. Sweet carbohydrate.
22. Early settlers \_\_\_\_\_ with wooden spoons.
24. Spirit distilled from sugar cane.
27. Sweet substance from bees.
30. Sailors developed scurvy on board \_\_\_\_\_.
32. Sour liquid used to preserve food.
33. Vitamin in butter, eggs and carrots.
34. Fruit used for cider.



# DOWN

2. Chemical added to food.
3. Food grown without pesticides and/or chemical fertilizers.
6. Beets are a \_\_\_\_\_ vegetable.
9. First farmers in America.
10. Snack food high in fat.
11. Acorn \_\_\_\_\_ is a good source of vitamins and minerals.
12. To cook with fat.
13. White substance used by early Americans to preserve meat.
14. Served at end of meal.
17. Indians taught settlers to fertilize with this food.
19. Popular green vegetable.
20. \_\_\_\_\_ fruit provides fiber in the diet.
23. Chickens give us this good source of protein.
25. Red \_\_\_\_\_ is a good source of iron and protein.
26. Being physically \_\_\_\_\_ is necessary for good health.
28. Greasy liquid.
29. Sweet potato.
30. \_\_\_\_\_ is used to make maple syrup.
31. Fruit filling baked in a crust.



- \*What men eat and how, is a reflection of the society they live in. Food is a mirror of life. It has shaped the character of men and nations.
- \*The history of Food is also the history of man's cultural development and is interwoven in the total fabric of man's progress through the ages.
- \*America's great contribution to the food supply was the discovery of CORN thousands of years ago by the Indians. Corn meant "life" to early settlers and the Indians as they learned to cultivate it.
- \*Nutrition is essential for health and is "every man's adventure."
- \*Philadelphia Pepper Pot is the soup of our American Revolution. Improved for General Washington's troops wintered in Valley Forge. With food scarce and weather cruel, story goes that the General asked the cook to prepare something hot and filling for his cold hungry troops. Having only some tripe, peppercorns, and scraps, the cook invented this soup that met with great approval.

